

DOMESTIC VIOLENCE

HELPLINES AND SUPPORT SERVICES

Women's Aid

Safety advice for survivors. Has online Survivor's Forum accessible 24/7

<https://www.womensaid.org.uk/covid-19-coronavirus-safety-advice-for-survivors/>

Online chat service: <https://chat.womensaid.org.uk/> 10am-4pm Mon-Fri, 10am-12pm Sat-Sun

Refuge

National domestic abuse free helpline offering confidential, non-judgmental information and expert support.

Telephone: 0808 2000 247, 24 hours a day

Respect

Help for perpetrators of domestic violence, as well as victims.

Telephone: 0808 802 4040 Monday-Friday 9am-8pm

Email: info@respectphoneline.org.uk

Web Chat (scroll to bottom of page): <https://respectphoneline.org.uk/>, Wednesday-Friday 10-11am and 3-4pm).

Galop

National LGBT+ domestic abuse helpline.

Telephone: 0800 999 5428, Monday/Tuesday/Friday 10am-5pm, Wednesday/Thursday 10am-8pm

Email: help@galop.org.uk

<http://www.galop.org.uk/domesticabuse/>

The Bright Sky app by Hestia

Bright Sky is a free to download mobile app, launched by Hestia in partnership with the Vodafone Foundation, providing support and information to anyone that is in an abusive relationship or those concerned about someone they know. App is available in English, Urdu, Punjabi, Polish and Welsh.

<https://www.hestia.org/brightsky>

NSPCC

Helpline to use if you're concerned about a child, if you're a parent or carer looking for advice, or if you're a professional in need of information and guidance

Telephone: 0808 800 5000, Mon-Fri 8am-10pm and Sat-Sun 9am-6pm

Email: help@nspcc.org.uk

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MANCHESTER HELPLINES

Greater Manchester Police (GMP)

If in immediate danger and unable to speak a victim should ring the police and can use the “silent solution” by dialling 999 then 55 when the phone is answered, if they can’t talk.

Live chat facility to report domestic abuse online and request support from GMP:

<https://www.gmp.police.uk/>

Independent Choices

Greater Manchester Domestic Abuse Hotline

Telephone: 0161 636 7525, Mon-Fri 10am-4pm

Email: helpline@independentchoices.org.uk

Manchester City Council

Report abuse or neglect of children or adults with care and support needs.

Telephone: 0161 234 5001

Email: mcsreply@manchester.gov.uk

Manchester Women’s Aid

Telephone: 0161 660 7999

Email: referrals@manchesterwomensaid.org

Saheli Asian Women’s Project

Telephone: 0161 945 4187

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ONLINE ADVICE SITES

End The Fear

Greater Manchester website with advice on help if you or someone you know is experiencing domestic abuse, or if you are hurting someone

<http://www.endthefear.co.uk/>

SafeLives

Domestic abuse and Covid-19 information and resources

<https://safelives.org.uk/news-views/domestic-abuse-and-covid-19>

Refuge

Safety tips for women and children survivors during the Covid crisis

<https://www.refuge.org.uk/covid19-survivor-tips/>

NSPCC

Coronavirus and keeping children safe from abuse. Advice on keeping children safe, especially during a period of school closures

<https://www.nspcc.org.uk/keeping-children-safe/reporting-abuse/coronavirus-abuse-neglect-vulnerable-children/>

Barnardos

Advice for parents & carers and young people, including mental health and parenting

<https://www.barnardos.org.uk/coronavirus-advice-hub>

WHO

WHO advice including practical tips for coping with stress at home for those experiencing violence

<https://www.who.int/reproductivehealth/publications/emergencies/COVID-19-VAW-full-text.pdf>

Mental Health Foundation

Advice on staying at home and abusive relationships during the COVID-19 pandemic.

<https://www.mentalhealth.org.uk/coronavirus/staying-home-and-abusive-relationships>